

Iowa Methodist and Iowa Lutheran - Health and Fitness Centers

Visit our Web site at www.iowahealth.org

Join us for \$16.00/month (single membership) or \$23.00/month (family membership); memberships are paid in 4 month increments. As a member, you may use Iowa Methodist and Iowa Lutheran Fitness Centers.

Included in your membership:

- Expert qualified staff
- Personal consultation
- Fitness center orientations
- Group exercise classes
- Rowing machines
- Universal weight equipment
- Gymnasium
- Exercise bikes
- Treadmills
- Stair machines
- Gravitron weight machine (Lutheran)
- Dumbbells
- Nordic Track (Methodist)
- NuStep

Available for an additional fee:

- Group exercise classes
- Diabetes exercise class
- Cardiac fitness class
- Personal training
- Body composition analysis
- Fitness evaluations
- Tae kwon Do
- Movement classes
- Massage therapy
- Recreational programs
- Guest passes

Please call the fitness center at 241-6073 or 241-6701 for more information.